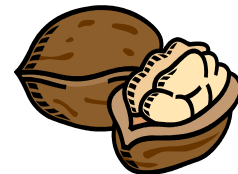


Meat/Meat Alternate (M/MA) In A Nutshell



Crediting M/MA

- Measured in weight
- Credits in ounce equivalents (oz eq)
- Round down to the nearest $\frac{1}{4}$ oz eq
- Use the [USDA Food Buying Guide](https://foodbuyingguide.fns.usda.gov/Home/Home)¹, a Product Formulation Statement (PFS), or a Child Nutrition (CN) label to credit M/MA

Component	Measured by	Units of measurement	Conversions	Tools used
Meat/meat alternates	WEIGHT How heavy is it?	Grams (g) Ounces (oz) Pounds (lb or #)	28 g = 1 oz 16 oz = 1 lb	Scale

Weight and volume are not equal or interchangeable

Crediting beans/peas (legumes) as Meat/Meat Alternate

$\frac{1}{4}$ cup of B/P (L) can either credit as $\frac{1}{4}$ cup vegetable **OR** 1 ounce equivalent M/MA, but not both.

Common M/MA portions that equal 1.0 oz eq

Item	Volume	Weight
Yogurt	$\frac{1}{2}$ cup	4 oz
Nuts or seeds		1 oz
Nut butter	2 TBSP	1.1 oz
Cheese (American, Cheddar, Mozzarella, Swiss)	$\frac{1}{4}$ cup	1 oz
Cheese (Parmesan or Romano)	$\frac{3}{8}$ cup	1 oz
Cottage cheese	$\frac{1}{4}$ cup	2 oz
Cooked beans/peas (legumes)	$\frac{1}{4}$ cup	
Pasta made of 100% legume flour	$\frac{1}{4}$ cup	
Large whole egg	$\frac{1}{2}$ ea	1 oz
Tofu	$\frac{1}{4}$ cup	2.2 oz
Surimi seafood		3 oz
Fresh and frozen boneless meat, poultry, and fish		1 oz cooked
Tempeh		1 oz

¹ <https://foodbuyingguide.fns.usda.gov/Home/Home>

Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Meats/Meat Alternates (oz eq)	Weekly: ≥ 8 oz eq Daily: 1 oz eq	Weekly: ≥ 9 oz eq Daily: 1 oz eq		Weekly: ≥ 10 oz eq Daily: 2 oz eq

Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Grains (oz eq)	Weekly: ≥ 7 oz eq Daily: 1 oz eq	Weekly: ≥ 8 oz eq Daily: 1 oz eq	Weekly: ≥ 8 oz eq Daily: 1 oz eq	Weekly: ≥ 9 oz eq Daily: 1 oz eq
Meats/Meat Alternates (oz eq)	<p>0 oz eq required daily</p> <p>There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit the item towards any component.</p>			

This institution is an equal opportunity provider.

